

PROVIDENCE From the Counseling Office

Finding Your Balance in a Busy Semester

Hello Providence Community!

Can you feel it? The energy of the fall semester is in full swing! With classes, projects, sports, and activities, it's easy to get caught up in the hustle and bustle. While it's great to be productive and involved, it's just as important to find a healthy balance between our responsibilities and our personal well-being. Our faith can be a powerful source of comfort and strength during stressful times. One beautiful and practical way to find balance is through the Ignatian Examen, a simple, five-step prayer of reflection created by St. Ignatius of Loyola.

Taking just a few minutes at the end of the day to practice the Examen can help us notice where God has been present, express gratitude, and find peace. It's a wonderful tool for shifting our focus from the day's stressors to its blessings.

Here is a link that might help: <https://www.jesuits.org/spirituality/the-ignatian-examen/>

Remember, finding balance isn't about doing everything perfectly—it's about taking small, consistent steps to take care of yourself. If you ever want to talk more about this or any other concerns, the counseling office is here to help!



Counseling Office Staff:

Mrs. Jaimie McRae—Director of Guidance, 9th and 10th grade Counselor
jmcrae@providencehigh.net ; 812-945-2538 x306

Mr. Travis Gabehart—College Admissions Counselor, 11th and 12th grade Counselor
tgabehart@providencehigh.net ; 812-945-2538 x305

Mrs. Amy Delaney—Administrative Assistant Counseling Office, Test Coordinator
adelaney@providencehigh.net ; 812-945-2538 x303

NOTES FROM MRS. McRAE:

ALL Students COG:

Circle of Grace will be taught in all grades beginning in quarter 2. COG is an Archdiocese of Indianapolis program aimed at teaching the dignity of the whole person. Parents can review COG and can view sample lesson plans and the teachings of COG here: <https://ocs.archindy.org/circle-of-grace> Please contact me if you have any questions or concerns about your child participating in the COG program.

SOPHOMORES:

The **HOBY O'Brian Youth Leadership Seminar** will take place in June 2026 over the course of a weekend.

This year's seminar dates are below:

Seminar Dates*: 6/4/2026 - 6/7/2026

Seminar Location*: Purdue University

Two candidates can attend the seminar. Students must be able to provide their own transportation to and from Purdue in June. Interested candidates should come see me in the counseling office or send me an email indicating their interest: jmcrae@providencehigh.net

NOTES FROM MR. GABEHART:

Senior Notes:

Please continue to work on college applications and be sure to request transcripts and letters of recommendation when necessary. We are only two weeks away from the first round of Early Action deadlines on November 1! Need last minute help on your applications? There will be a College Application Submission party on Thursday, October 30 from 3-5 P.M. in the counseling office. Stop by to receive assistance from Mr. Gabehart and enjoy some pizza to celebrate your early application submissions!

The Free Application for Federal Student Aid (FAFSA) is available to all senior families. You can still see the recording from last month's financial aid night [here](#).

As you begin to receive college acceptance letters and scholarship notifications, please remember to share those with Mr. Gabehart or Mrs. Delaney. You can see our first round of acceptances at the end of this newsletter! Congrats to these students for leading the way for the Class of 2026.

Lastly, please keep an eye on the [PHS Scholarship Spreadsheet](#) to see additional financial aid opportunities throughout senior year.

Save the date:

Oct 30—College Application Party 3pm-5pm (Counseling Office)

Nov 6—Clark County Trades Camp for Juniors and Seniors (application must be completed by Oct 31 and must be approved by PHS) See the Counseling office for more details.

PSAT Score Release date is November 6. You can check your scores through via the BigFuture School mobile application (if you opted-in during exam setup in the Student Readiness Check) or through your Collegeboard account if you have set one up.

College Acceptances / Direct Awards

(The following students have been accepted to college AND have shared their acceptance and / or scholarship / direct award information with the Counseling office. This list will be continually updated as our office is updated)

Santana Bennett—Grace College; Hanover College; Kentucky Wesleyan College (Scholarship); Marian University

Hailey Browning—University of Louisville (Scholarship)

Drew Cassis—The University of Mississippi

Avery Crone—Ball State University (Scholarship); Western Kentucky University

